



Nutrition Makes A Difference

- Serve three meals and two or three healthy snacks every day.
- Less lead is absorbed when a child's stomach is full.

Serve Foods High in Iron, Vitamin C and Calcium

- Use cold tap water for drinking and cooking.
- Cold tap water can contain less lead than hot water.
- Let tap water run for two minutes before using.
- Prepare infant formula with cold water.

Foods High in Vitamin C

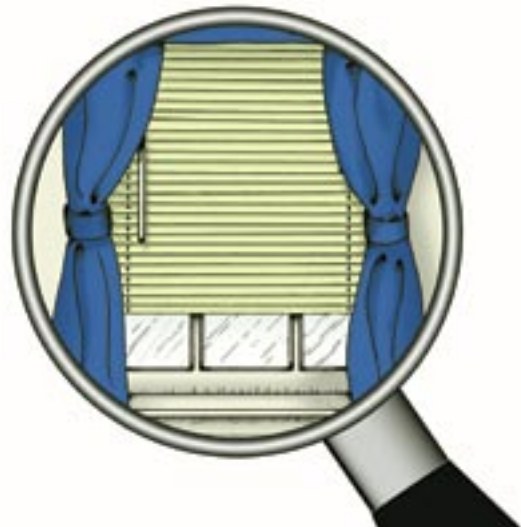
○ **Fruits:** Oranges, Orange Juice, Grapefruit, Grapefruit Juice, Vitamin C-fortified Juices, Strawberries, Kiwi Fruit, Cantaloupe

○ **Vegetables:** Tomatoes, Tomato Juice, Green Pepper, Collards, Turnip Greens, Brussels Sprouts, Cabbage, Broccoli, Cauliflower



What can I do to prevent lead poisoning?

- **Wash hands and faces often, especially before eating and after playing.**
 - Keep fingernails clean and trimmed.
- **Reduce lead sources in your home.**
 - Clean up paint chips and dust.
 - Look for “Lead Safe” or “No Lead Added” labels before buying vinyl miniblinds.
 - Don’t vacuum paint chips or dust. Wet wipe or wet mop dusty windows and floors.
- **Keep playtime safe.**
 - Play in grass-covered areas or a cleansandbox.
 - Wash toys and stuffed animals often.
 - Don’t let your child eat dirt or paint chips.
 - Don’t let your child put toys or small objects in his or her mouth.
 - Don’t let your child play with batteries or items used in hobbies such as stained glass or furniture refinishing.



- **Offer your child a healthy diet.**
 - Serve foods high in iron, calcium, and vitamin C.
 - Serve three meals and two or three healthy snacks daily.
- **Make an appointment with your doctor or local health department.**
- **Have your child tested for lead poisoning before age 2.**

- **Keep baby’s bottle and pacifier nipples clean.**
 - Wash the nipple whenever the bottle or pacifier falls onto the floor.
- **Store food in lead-free containers.**
 - Glass and plastic are safe containers for food storage.
 - Do not store food in open cans or ceramic dishes.
 - Do not store liquids in lead crystal.

South Carolina... Lead-Safe for Life.



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Women and Children's Services
ML-000251 06/05

- **Foods High in Iron**
3 to 4 Servings a Day
Grains: Iron-fortified Cereals, Whole Grain and Enriched Bread
Nuts and Legumes: Nuts, Peanut Butter, Dried Beans, Peas, Baked Beans and Refried Beans
Meat, Poultry and Fish: Beef, Pork, Veal, Deer, Poultry, Eggs, Canned Tuna, Canned Sardines, Clams, Oysters, Shrimp, Kidney, Heart, Gizzards and Liver
Fruit and Vegetables: Dried Peaches, Apricots, Pears, Spinach, Raisins, Prunes, Prune Juice, Lima Beans, Sweet Potato, Peas and Skin from Baked Potato
- **Foods High in Calcium**
3 to 4 Servings a Day
Dairy: Milk, Yogurt, Cheese, Frozen Yogurt, Ice Cream
Foods made with Milk: Puddings, Cream Soups, Pancakes, Oatmeal
Green leafy vegetables: Collards, Spinach, Broccoli
Other: Canned Salmon with soft bones

Look out For Lead

Finding Hidden Dangers in Your Home



You Can Prevent Lead Poisoning in Young Children.

Lead poisoning can be fatal. Do all you can to protect your child.

What are the sources of lead?

- Lead-based Paint
- Dust and Soil
- Some Vinyl Miniblinds
- Some Glazed Pottery
- Car Batteries
- Lead Fishing Weights
- Cosmetics such as Surma or Kohl
- Material for Refinishing Furniture
- Stained Glass Solder
- Water Pipes with Lead Solder
- Lead Ammunition for Hunting
- Traditional Medicines such as Greta, Azarcon and Pay-loo-ah

How does lead get into my child’s body?

Lead can enter the body in two ways:

- Chewing or eating something that contains lead; or
- Breathing dust that contains lead.





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